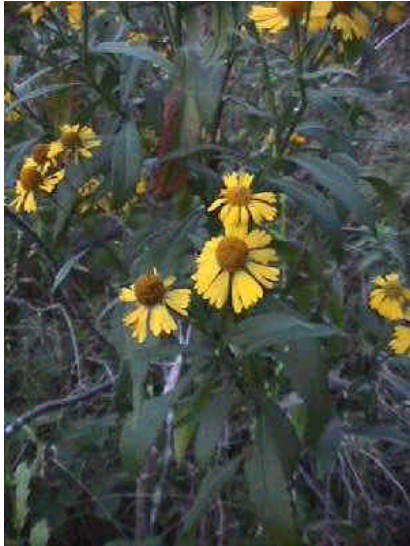


Helenium autumnale

Sneezeweed



Showy and long-blooming, with many yellow, daisy-like flowers. Self-seeds. Usually found in wet meadows and swampy areas in the wild, but it will do just fine in ordinary garden soil. This plant was once dried and powdered to make snuff, which is why it's called "Sneezeweed."

Suggested companions: Joe Pye weed (*Eupatorium maculatum*), boneset (*Eupatorium maculatum*), white turtlehead (*Chelone glabra*), cinnamon fern (*Osmunda cinnamomea*), interrupted fern (*Osmunda claytonia*)

Photo Credit: Wisconsin State Herbarium,
by Merel R. Black

Plant Type: Wildflower

Size: 3-5' H
 W

Water Tolerant: Somewhat

Habitat:

Wet Meadow
Swamp/ Bog
Forested Wetland
Streambanks
Floodplains

Soil: Average Garden Soil
Very Damp/Wet
Rich Moist
Clay

Exposure: sun
 filtered

Flower Color:
Yellow

Plant in:

Groundcover: No

Bloom Time:
August
September
October
November

Other Attributes:
Butterfly attracting
Bird attracting